



The Courage to Begin

Preparing Your Heart for Healing and Restoration

The Moment Before Healing Begins

There are seasons when pain has been carried for so long that beginning feels harder than continuing to cope. You may have kept moving, kept functioning, and kept carrying what no one else could fully see. From the outside, life may have looked steady. Internally, however, you may have known that something in your heart still needed attention, healing, and the gentle care of Christ.

Beginning does not require you to have every answer. It does not require you to explain every wound perfectly or know exactly what the healing process will look like. Often, the courage to begin is simply the willingness to become honest about what you are carrying and to bring that place before God.

Healing Is Not Erasing Your Past

Biblical healing is not pretending that your pain did not matter, minimizing what happened, or trying to erase your story. Healing is allowing Christ to meet you in the places that have been wounded and to begin restoring what has been affected by sin, sorrow, disappointment, loss, or fear.

That means healing is not about becoming untouched by what happened. It is about no longer being ruled by it. Christ does not ask you to deny the reality of your story. He invites you to bring that story into His care so that truth, grace, and restoration can begin doing their work.

You Do Not Have to Rush

Healing has a pace. Some people want to understand everything immediately so they can move past the pain as quickly as possible. But restoration rarely works that way. Healing often unfolds through honest moments, patient attention, and repeated choices to bring what hurts into the light of Christ.

There is no requirement that you force yourself forward faster than your heart can go. Slowing down is not failure. Sometimes it is the very thing that allows truth to settle, grief to be acknowledged, and grace to meet you where you really are.

You Are Walking With the Healer

One of the fears many people carry is the fear of having to face their pain alone. But healing is not a journey toward Christ as though He were waiting somewhere at the finish line. Healing is a journey with Christ. He meets you in the middle of what feels tender, unfinished, and hard to name.

Because He is faithful, you can begin without pretending to be stronger than you are. You can come honestly. You can bring questions, weariness, memories, and places that still feel unresolved. His presence is not reserved for the version of you that is already healed. It is available to you now.

“The one who calls you is faithful, and he will do it.”

1 THESSALONIANS 5:24 (NIV)

Healing is not sustained by your ability to carry yourself through it. It is sustained by the faithfulness of God, who is able to continue the work He calls you to begin.

What This Can Look Like in Daily Life

Beginning may look quieter than you expected. It may be setting aside a few honest minutes with God. It may be admitting that something still hurts. It may be writing down what you have avoided naming, asking for support, or simply acknowledging that you want Christ to meet you in a place you have kept guarded.

Courage does not always look dramatic. Sometimes it looks like willingness — willingness to stop hiding from your own pain, willingness to receive care, and willingness to take one small step toward healing and restoration.

Reflection Questions

1. What part of your story still feels tender, unfinished, or difficult to bring before God?
2. If you believed that God was completely safe and completely trustworthy, what part of your story would you want to tell Him first?
3. What has made beginning feel difficult for you — fear, weariness, uncertainty, or something else?
4. What would it look like to take one honest step toward healing this week?

One Next Step

Set aside five quiet minutes this week. Bring one part of your story before the Lord with honesty. You do not need to explain everything or solve everything. Simply begin by naming what hurts and asking Christ to meet you there.

Continue Your Journey

This teaching was adapted from *The Healing Journey*™.